



EPILEPSY FOUNDATION[®]

END EPILEPSY[®] TOGETHER

EASTERN PENNSYLVANIA

Our Mission

The Epilepsy Foundation Eastern PA's mission is to stop seizures and SUDEP, find a cure and overcome the challenges created by epilepsy through efforts including education, advocacy, and research to accelerate ideas into therapies.

Who We Serve

We serve individuals and families affected by epilepsy in eastern Pennsylvania. Our primary areas of service include Philadelphia, Lehigh Valley, Wilkes-Barre/Scranton, and Lancaster. We provide programs and resources throughout our 18-counties: Berks, Bucks, Carbon, Chester, Delaware, Lackawanna, Lancaster, Lehigh, Luzerne, Monroe, Montgomery, Northampton, Philadelphia, Pike, Schuylkill, Susquehanna, Wayne, and Wyoming.

What We Do

For 50 years, the Epilepsy Foundation Eastern Pennsylvania (EFEPA) has been the premiere organization dedicated to serving and supporting the 110,000 people affected by epilepsy in our region. The EFEPA leads the fight to end epilepsy and overcome challenges created by seizures by focusing on education, support and advocacy. We provide free services and programs to those battling epilepsy, their caregivers and families, as well as education and trainings for the public.

Our Services

We offer a wide range of free support services, resources, referrals, community events, and education programs to empower and improve the lives of local individuals and families affected by epilepsy.

Contact the EFEPA to get connected to your local Resource Coordinator:

efepa.org
efepa@efepa.org
215.629.5003

Programs & Services

Seizure Recognition & First Aid Training

The Epilepsy Foundation Eastern PA is proud to offer seizure recognition and first aid trainings to school students, teachers, nurses, staff and personnel as a part of our signature program, Project School Alert. Our goal is for every school district in Pennsylvania to be seizure smart. We feel education and awareness are the best ways to make sure our community is safe and supportive for all living with epilepsy. The EFEPA also offers epilepsy awareness and seizure recognition and first aid training for the first responders, law enforcement, businesses and anywhere our services are needed or requested.

Educational Conferences

The Annual Epilepsy Education Conferences are regional educational conferences held in the Berks, Lancaster, Lehigh Valley, Philadelphia, and Northeast areas. Conferences feature local neurologists and specialists as keynote speakers presenting on latest research, topics and updates in the epilepsy space. Conferences are free and open to the public.

Consultation Services

Regional Resource Coordinators provide families with one-on-one consultations to assist in the development of a child's Individualized Education Program (IEP), 504 accommodations, Early Intervention services, and Seizure Action Plans. We are also happy to assist with long-term sustainable transportation planning.

Support Groups

The EFEPA hosts monthly support group meetings throughout eastern PA for regular discussion and mutual peer support. The support groups are free and open to individuals living with epilepsy as well as caretakers, family members, and health professionals.

Community Events

We offer a wide range of community events including our Mardi Gras Gala, Charley Roach Golf Invitational, and the Walk to END EPILEPSY - PA Series with four regional Walk events in Philadelphia, Northeast PA, Lehigh Valley and Lancaster. Events are designed to build community while raising critical funds and awareness for our local epilepsy community.

Self-Management Programs

The EFEPA offers programs for adults diagnosed with epilepsy. The PACES Program is a virtual, 8-week psychoeducational group designed to increase medical, psychosocial, and community adjustments. Additionally, the HOBSCOTCH Program is a phone-based 8-week coaching program designed to navigate managing and coping with memory challenges.

Camp Achieve

A week long, sleepaway summer camp program uniquely designed for children ages 8-17 with a primary diagnosis of epilepsy.

Young Adult Retreat

A weekend for young adults ages 18-30 living with epilepsy to connect, relax, and focus on addressing unique needs.

Adult Wellness Weekend

Weekend retreat for adults ages 30+ affected by epilepsy focusing on socialization, wellness techniques, and relaxation.

